



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

Price County Community Needs Physical Activity Sub-Committee

Contact Information

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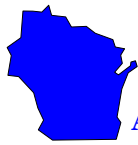
Program Information

Type of Program Coalition
Year Coalition was Formed 2003
Primary program focus Physical Activity
Region Northern
County Price
Coalition Web Site Address

Program Information

Represented Groups on Coalition Community Health Care Health Dept Schools UW-EX Other	Represented Professions on Coalition Child Care Citizen Rep Educator Exercise Specialist Health Care Admin Nurse Physical Therapist Other
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name Community Trail Walks

Intervention Information

Type of Intervention: Physical Activity Event
Focus Area: Biking/walking
Intervention Site or Setting: Community
Scope of Intervention: County
Target Audience: All races, genders and ages
Total Population in Area Served:
Number of Participants: 64
Implementation Status: One-time, 8 week program

Partners: Local newspaper
Unique Funding:
Evaluation:
Evidence-Based or Best Practice based on

Products Developed or Materials Used:

Intervention Description:

The community would be invited weekly to hike a specific walking trail in the community. The next week in the paper there would be an article highlighting that trail and the walk.



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Intervention Name 10,000 Steps/ 5 A Day Program

Intervention Information

Type of Intervention: PA&N Event
Focus Area: General PA&N
Intervention Site or Setting: Business
Scope of Intervention: Individual sites
Target Audience: All races and genders, Ages 20-39, 40-59, 60-74, 75 +
Total Population in Area Served:
Number of Participants: 56
Implementation Status: This program was set up to last up to 6 mo. with the participants.

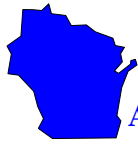
Partners: We partnered with the local Nutrition Committee to write a grant to go into local businesses.
Unique Funding: diabetic mini grant
Evaluation: Impact on Behavior Health Data, Survey and Service Data – One-time
Evidence-Based or Best Practice based on

Products Developed or Materials Used:

Products used were pedometers, information on 10,000 Steps A Day and information on 5 A Day Fruits and Vegetables. Personal recording sheets were developed.

Intervention Description:

The Physical Activity Group and the Nutrition Group worked together on a grant that allowed us to purchase pedometers. Employees of 5 local businesses who were interested signed up for a 6 month program to try to increase their number of steps in a day and their number of fruits and vegetables consumed in a day. Each were given a daily record sheet. Each individual was to set their own goals for steps and number of fruits and vegetables in a day.



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Intervention Name

Trail Markers

Intervention Information

Type of Intervention: Physical Activity - Environment
Focus Area: Biking/walking
Intervention Site or Setting: Community
Scope of Intervention: Individual sites
Target Audience: All races, genders and ages
Total Population in Area Served:
Number of Participants:
Implementation Status: One-time

Partners: Boy Scouts and Forestry Department
Unique Funding: Cardio-Vascular Health mini grant and volunteer donations.
Evaluation:
Evidence-Based or Best Practice based on

Products Developed or Materials Used:

Trail marker signs

Intervention Description:

Trail mile marker signs were developed for 3 area walking trails.

A Wisconsin Nutrition and Physical Activity Intervention